





July 2003

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Apricots

Enjoy Colorado apricots dried, in jams or fresh from the orchard!

Apricots should be well-formed and fairly firm, but not dull-looking, soft, brown-spotted, mushy or extremely firm. Pick apricots that are dark yellow or yellow-orange in color.

To ripen apricots, place them in a sealed plastic or paper bag and keep them at room temperature.

Apricots are low fat, sodium free, high in Vitamins A and C and a good source of potassium.

Look for fresh and dried Colorado apricots at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown in the state. Visit www.coloradoagriculture.com for a complete list of recipes.

Apricot Pie

Colorado Chef James Sloan, Perry Park Country Club

1 stick Unsalted butter
3/4 cup Light brown sugar
3/4 cup All-purpose flour
1/2 tsp. Nutmeg, grated

2½-3 lbs. Apricots, peeled, halved and pitted

1 Prepared piecrust

Preheat oven to 450°F.

In a small saucepan over medium heat, melt butter then stir in the brown sugar. When melted, remove from heat and stir in the flour and nutmeg.

Place apricots into the prepared piecrust. Spread the butter mixture on top, patting it all the way to the edges.

Bake the pie in the bottom third of the oven for 10 minutes. Reduce the temperature to 350°F and bake 45 to 50 minutes longer, until the topping is golden brown and the apricots are very tender. Cover with foil if the top is getting too brown. Let cool on a rack.

Enjoy with a Colorado wine, such as a glass of Cabernet Sauvignon from Two Rivers Winery, located in Grand Junction, Colorado.



Next Month... Chile Peppers